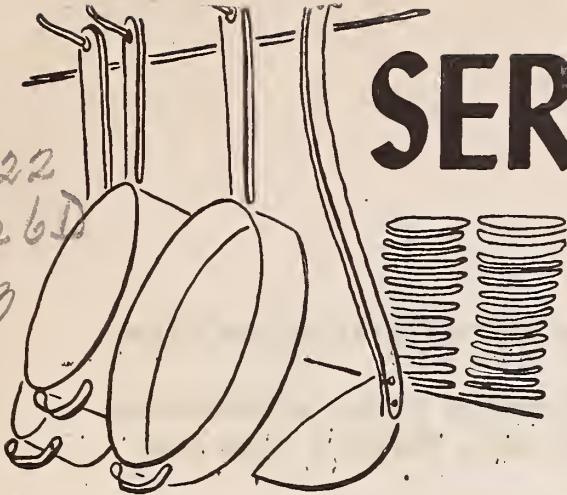


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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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ABUNDANT FOODS

Heavy tom turkeys and roasting chickens are abundant this month in the Southwest. Last year a large part of the poultry supply was taken by the military but this year there's plenty of turkey for everyone. Carrots, cabbage and white potatoes also will be plentiful.

The abundance of poultry on the market is well-timed for the holiday season. Turkeys are selling below ceiling prices in most parts of the country because of the unusually large supply. The relatively low price of heavy tom turkeys and the large serving yield make them a good buy for industrial feeding.

TURKEY FOR CHRISTMAS

Few persons can resist the appeal of roast turkey and all the "fixins". Try featuring a turkey dinner before Christmas as a means of gaining good will for the plant cafeteria. Regular patrons will appreciate the treat and workers who have not patronized the cafeteria before may be enticed by a holiday dinner.

The supply of turkey this year is over 20 percent larger than it was a year ago. Industrial feeding managers probably will find turkeys available well into the new year to serve on the selective menu.

WHAT IS A GOOD TURKEY?

Look for the following marks of quality when selecting a turkey:

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1. Clean, tender skin with few pin feathers and no bruises or discolorations.
2. Well-fleshed breast and thighs and a generally plump appearance.
3. Covering of fat under the skin on the breast, thighs, legs and back.
4. Short body and breast, indicating a meaty bird.

WHAT WEIGHT TURKEY GIVES THE GREATEST YIELD?

Select turkeys of good quality and of a size and type that will be economical to serve. The heavier birds usually give a greater percentage yield of cooked meat. That's why they're the best choice for industrial feeding.

The following table, based on studies conducted by the Department of Agriculture, shows the yield of cooked meat from turkeys of different weights.

<u>Turkey Dressed Weight</u>	<u>Weight of Cooked Meat</u>	<u>Percentage of Meat Yield</u>
9 pounds	2.7 pounds	30
13 pounds	3.6 pounds	28
18 pounds	6.1 pounds	34
25 to 30 pounds	8.5 to 10.2 pounds	34

ROASTING POULTRY

Intense heat hardens and toughens the protein of poultry and causes shrinkage and excessive loss of drippings. A constant, moderate temperature should be used during the roasting period.

The same cooking principles may be applied to all types of poultry.

1. Cook at moderate heat so that meat is juicy, tender and evenly done to the bone.
2. In roasting poultry, place the bird breast down in an uncovered shallow pan.
3. Turn large turkeys from one side of the breast to the other during the roasting period.
4. Toward the end of the roasting period, turn the bird's breast up to allow the skin to brown.

The age and size of the bird and the amount and distribution of the fat affect the length of cooking time. The roasting time per pound varies with the weight. Larger birds require less cooking time per pound but require a longer total cooking period than the smaller ones.

The following timetable may be used as a guide for roasting chickens and turkeys. (Adapted from table 36 pp. 262, Love, Belle. Experimental Cookery. Third edition. John Wiley and Son, N. Y. 1943)

Kind of Bird	Dressed Weight	Oven Temperature	Cooking Time Per Pound	Average Cooking Time
	Pounds	Degrees F.	Minutes	Hours
Young chicken	4 to 5	300°	30	2 to 2-1/2
Turkey	10 to 16	300°	18 to 20	3-1/2 to 4-1/2
	18 to 23	300°	16 to 18	4-1/2 to 6
	24 to 30	300°	15 to 18	6 to 7-1/2

When a large number of turkeys must be prepared, it is easier to roast them without stuffing. Dressing may be baked in separate pans. About four ounces of turkey dressing should be allowed for each 2-1/2-ounce servings of turkey.

HOW MUCH TURKEY SHOULD I ORDER?

The breed, age, feeding, care and handling of turkeys influences the yield of cooked meat. However, studies made on turkeys indicate that birds weighing over 16 pounds will yield about two 2-1/2-ounce servings of roast turkey per pound of dressed weight.

The following data, compiled from a study made on turkeys in a commercial cafeteria, show the approximate serving yield from a 17-pound bird.

<u>Kind of Meat</u>	<u>Weight</u>
Dressed weight of turkey	16 pounds 15 ounces
Weight of turkey after roasting (hot)	10 pounds 6-1/2 ounces
White meat, carved	3 pounds
Dark meat, carved	2 pounds
Giblets	7 ounces
Hash meat	1 pound 4 ounces
Neck	3 ounces
Skin	1 pound 1 ounce
Carcass	2 pounds 5 ounces

Yield: 32 servings of sliced meat, weighing 2-1/2 ounces each, plus 8 servings of extended meat made from trimmings, such as hash or loaf.

CARVING AND SERVING POULTRY

The aim in carving poultry is to obtain as many attractive servings as possible. To insure clean slices a sharp carving knife with a thin, pliable steel blade is needed.

Poultry may be sliced more easily if it's allowed to cool for about 20 minutes after it's removed from the oven. The tougher portions of the skin should be removed before carving.

As the meat is carved, the slices should be placed in a pan containing a small amount of hot pan gravy to keep the meat warm and moist. White meat should be separated from dark for ease in serving.

Orders of turkey should be scaled so that each serving weighs 2-1/2 ounces and includes a slice of white meat and a portion of dark meat.

For ease in serving turkey plates at the steam table, individual portions of dressing may be placed in steam table pans and the sliced meat laid on top of the dressing. The entire serving may be lifted with a pancake turner onto the dinner plate.

TURKEY LOAF

<u>Ingredients</u>	<u>Amounts for 100 Servings</u>
Cooked turkey or chicken diced	20 pounds
Fat	1 pound 8 ounces
Flour	1 pound 8 ounces
Broth	1 gallon
Milk	2 quarts
Bread crumbs, soft	8 quarts
Eggs, beaten	16
Onion, finely chopped	4 ounces
Green peppers, chopped	8 ounces
Salt	3 ounces

Yield: 100 servings

1. Make sauce of the fat, flour, milk and turkey broth and cook until thickened.
2. Add the seasonings and chopped vegetables to the hot sauce.
3. Pour the hot sauce over the soft bread crumbs and add the beaten egg.
4. Add the diced turkey and mix the ingredients until blended.
5. Put the turkey mixture into oiled loaf tins and bake in a moderate oven at 350° F. from 1 to 1-1/2 hours.
6. Accompany turkey loaf with cranberry sauce or relish.

CRANBERRY AND ORANGE RELISH

<u>Ingredients</u>	<u>Amounts for 100 Servings</u>
Cranberries, uncooked	6 pounds
Oranges, whole	3
Sugar	1-1/2 pounds
Salt	1/2 teaspoon

Yield: 100 servings of 1 ounce each.

1. Grind fruit medium coarse.
2. Add sugar and salt.
3. Chill thoroughly before serving.

STORAGE OF MEATS AND POULTRY

1. Store meat, meat products and poultry in a separate refrigerator at a temperature of 33° to 38° F.
2. Hang each piece of fresh meat on a separate hook so that it does not come in contact with another piece of meat.
3. Hold packaged meat in the original container.
4. Use variety meats soon after delivery as they do not keep well.
5. Use meat trimmings as soon as possible.
6. Use fresh unchilled poultry as soon as possible as it has limited keeping qualities.
7. Hold frozen meat at a temperature of 0° F. or lower.
8. Defrost frozen meat for 24 hours or longer (the length of time depends on the size of the piece of meat) at a temperature of approximately 40° F. and use it immediately after thawing.
9. Store frozen poultry at a temperature of 0° F. or below.
10. Defrost frozen poultry slowly in a chill room at approximately 40° F. and use it immediately after it is defrosted.

STORAGE OF DAIRY PRODUCTS

1. Store dairy products and eggs in a separate refrigerator at a temperature of approximately 40° F.
2. Keep milk and cream containers covered tightly at all times.
3. Place egg crates in an upright position. Cross-stack them whenever possible to allow for a good circulation of air.
4. Keep butter wrapped tightly since exposure to light and air causes rancidity.

5. Keep cheese wrapped tightly to prevent drying.
6. Avoid freezing cheese as freezing breaks the grain and causes the cheese to crumble.
7. Store frozen eggs at a temperature of 0° F. or below. Defrost frozen eggs by setting the container in a pan of cold water and use them immediately. Never refreeze thawed eggs.

SPECIAL MENUS FOR DECEMBER FEATURING ABUNDANT FOODS

1	2
Casserole of baked ham with macaroni Buttered green beans Red apple and celery salad Whole-wheat rolls with butter or fortified margarine Cherry cobbler Milk	Stuffed breast of lamb Parsley buttered potatoes Braised carrots Enriched bread with butter or fortified margarine Fresh apple sauce with spice cookies Milk
3	4
Chicken pot pie Mashed potatoes Mixed green salad Enriched bread with butter or fortified margarine Chocolate ice cream Milk	Cabbage roll Mashed potatoes Baked Hubbard squash in shell Whole-wheat bread with butter or fortified margarine Butterscotch pudding Milk
5	6
Holiday Turkey Dinner: Roast turkey with dressing Mashed potatoes with giblet gravy Buttered green beans Raw cranberry relish Enriched rolls with butter or fortified margarine Tutti frutti ice cream Beverage	Fried fish fillet with Philadelphia relish Cream potatoes Spinach or other greens Enriched bread with butter or fortified margarine Lemon snow pudding with custard sauce Beverage

7	8
Fish loaf with tomato sauce Potatoes in jackets Buttered fresh beets Enriched bread with butter or fortified margarine Fruit cup with Christmas cookies Milk	Lamb patties with bacon strips Candied sweet potatoes Cabbage and green pepper salad Enriched bread with butter or fortified margarine Orange sherbet Beverage
9	10
Roast shoulder of pork Mashed potatoes Buttered yellow turnips Enriched bread with butter or fortified margarine Apple Betty Beverage	Beef stew (carrots, potatoes and onions) Sliced orange and raisin salad Enriched bread with butter or fortified margarine Spice cup cake Beverage
11	12
Lima bean creole Buttered fresh broccoli Carrots and cottage cheese salad Whole-wheat rolls with butter or fortified margarine Pumpkin pie Milk	Braised liver with bacon Scalloped potatoes Buttered green peas Whole-wheat bread with butter or fortified margarine Boston cream pie Milk
13	14
Pot roast of beef Oven-brown potatoes Harvard beets Whole-wheat bread with butter or fortified margarine Baked apple Milk	Turkey loaf Mash sweet potatoes Cabbage salad with pimiento Enriched bread with butter or fortified margarine Warm gingerbread with whipped cream Milk

THE "BEST BUY" LIST

COLORADO, Denver: beets, cabbage, carrots, cauliflower, celery, parsnips, potatoes, spinach, sweet potatoes, grapefruit;
KANSAS, Topeka: grapefruit, oranges, Irish potatoes, cabbage, celery; Wichita: white grapefruit, Texas oranges, Irish potatoes, sweet potatoes, cabbage, onions, carrots.

LOUISIANA, Baton Rouge: cabbage, cauliflower, Irish potatoes, yellow onions; NEW MEXICO, Albuquerque, Gallup and Santa Fe: Irish potatoes, sweet potatoes, cabbage, carrots, celery, turnips, onions, squash, cauliflower.

OKLAHOMA, Oklahoma City: apples, cabbage, carrots, grapefruit, onions, oranges, Irish potatoes, sweet potatoes, tangerines, tomatoes; TEXAS, Fort Worth: cabbage, carrots, Irish potatoes, sweet potatoes, onions, parsnips, spinach, beets, grapefruit; Houston: Irish potatoes, green beans, sweet potatoes, turnips, beets, citrus fruits.

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